



AGENDA

How are Dietary
Habits formed

Challenging
Eating Behaviors

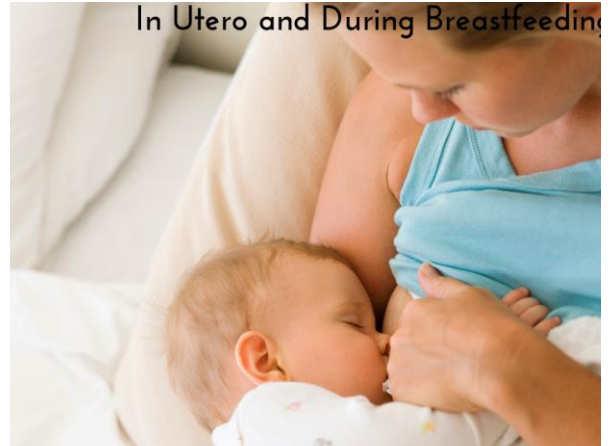
Ways You Can
Help



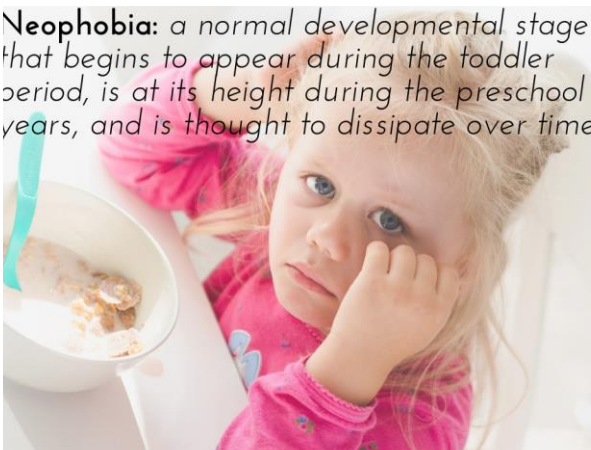
Biological and
Developmental
Influences

Physical
Environment

Parental
Feeding
Styles and
Practices



Neophobia: a normal developmental stage that begins to appear during the toddler period, is at its height during the preschool years, and is thought to dissipate over time





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CHALLENGING EATING BEHAVIORS



Not Eating Fruits or Vegetables



Eating Too Much



Eating Too Little

CHALLENGING EATING BEHAVIORS



Refusing to Eat at Meals



Food Jags



Extreme Picky Eating

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Ways You Can Help



Be positive and encouraging!



Division of Responsibility



Family Meals



Eliminate Distractions



Scheduled Snack Time





Repeat Exposures

References

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Food Fun for Young Children Newsletter



Our goal is to help parents and caregivers prepare healthy meals and snacks by sharing recipes, tips and ideas that are geared for children ages 2 to 5.

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